

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



20-21 OCTOBER 2018
HOSTED BY ABS POWERLIFTING & UCC POWERLIFTING

DAVID NOLAN

BODYWEIGHT: 92.2KG
WEIGHT CLASS: 93
CITYGYM LIMERICK

SQUAT
222.5 KG

BENCH PRESS
132.5 KG

DEADLIFT
245.0 KG

TOTAL
600.0 KG

Rob Burke
President

